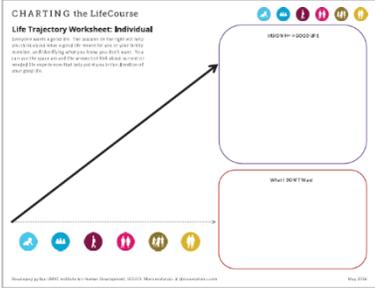


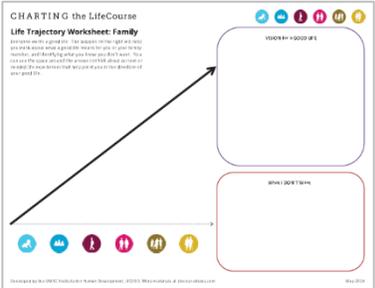
LifeCourse Tools

Tools for individuals, families and professionals



Life Trajectory Worksheet: Individual Version

Everyone wants a good life, and defines their good life in their own way. This tool can be used to help individuals and families think about what a good life means to them, and also identify what they know they don't want. The space around the arrows can be used to think about current or needed life experiences that help point the trajectory arrow in the direction of the good life vision.



Life Trajectory Worksheet: Family Version

Everyone wants a good life, and defines their good life in their own way. This tool can be used to help individuals and families think about what a good life means to them, and also identify what they know they don't want. The space around the arrows can be used to think about current or needed life experiences that help point the trajectory arrow in the direction of the good life vision.



Charting the Life Course: Experiences and Questions Booklet

This booklet helps individuals and families know the questions to ask and things to think about throughout the life course, in order to have the experiences that help lead to the good life that they envision. Most of the

questions and life experiences in this booklet could apply to anyone, whether they have a disability or not. *Intended as a supplement when using the Life Trajectory worksheets.*



Integrated Supports Star

All people need support to lead good lives. Using a combination of many different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help individuals and families brainstorm the supports that they already have or might need in order to work in partnership to make their vision for a good life possible.

CHARTING the LifeCourse
Integrated Support Options
 This tool helps to brainstorm the supports needed to support the person's goals. It lists various support options for different levels of support.

Level of Support	Technology	Personal Strengths & Issues	Relationships	Community Based	Capacity Based
High	Assistive technology, communication devices, adaptive software, etc.	Self-advocacy, self-determination, self-advocacy training, etc.	Family, friends, community, etc.	Community organizations, etc.	Self-advocacy, self-determination, self-advocacy training, etc.
Medium	Assistive technology, communication devices, adaptive software, etc.	Self-advocacy, self-determination, self-advocacy training, etc.	Family, friends, community, etc.	Community organizations, etc.	Self-advocacy, self-determination, self-advocacy training, etc.
Low	Assistive technology, communication devices, adaptive software, etc.	Self-advocacy, self-determination, self-advocacy training, etc.	Family, friends, community, etc.	Community organizations, etc.	Self-advocacy, self-determination, self-advocacy training, etc.

Integrated Supports Options

People often need support to lead good lives. Using a combination of many different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life. *Intended as a supplement when using the Integrated Supports Star worksheets.*

CHARTING the LifeCourse 

Tool for Developing a Vision - Individual

This tool is for use by individuals who are beginning to think about their future. It is designed to help you think about what you want to do in the future and how you can get there. It is not a substitute for professional advice. For more information, visit www.life-course.org.

Life Domain	My Vision (What I want to do)	How I will get there	What I need to do now
1. Education			
2. Career			
3. Financial			
4. Health			
5. Housing			
6. Relationships			
7. Transportation			
8. Other			

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Tool for Developing a Vision: Individual Version

Forming a vision and beginning to plan for the future in each of the life domains helps plot a trajectory for a full, inclusive life in the community. This tool is to help individuals of start to think about a more specific vision for life as an adult. This tool also helps individuals narrow down what life domain(s) they are focusing on by rating what is most important to them at this point in time.

CHARTING the LifeCourse 

Tool for Developing a Vision - Family

This tool is for use by families who are beginning to think about their future. It is designed to help you think about what you want to do in the future and how you can get there. It is not a substitute for professional advice. For more information, visit www.life-course.org.

Life Domain	My Vision (What I want to do)	How I will get there	What I need to do now
1. Education			
2. Career			
3. Financial			
4. Health			
5. Housing			
6. Relationships			
7. Transportation			
8. Other			

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Tool for Developing a Vision: Family Version

Forming a vision and beginning to plan for the future in each of the life domains helps plot a trajectory for a full, inclusive life in the community. This tool is to help individuals of all ages and/or their families – from the very young child, an adult or somewhere in between – start to think about a more specific vision for life as an adult. This tool also helps families narrow down what life domain(s) they are focusing on by rating what is most important to them at this point in time.

CHARTING the LifeCourse

Exploring Life Possibilities

There are many options for living, working, and playing in the community. What might these look like for you? You may not think of many options for living, working, and playing in the community. This tool is to help individuals and families explore a variety of options in each of the domains listed or add new traditions or habits and to explore options for living, working, and playing in the community. Use this tool to explore options for living, working, and playing in the community. Use this tool to explore options for living, working, and playing in the community.

Area	Options	Options	Options	Options	Options	Options	Options
Living	• Home ownership	• Rental housing	• Assisted living	• Independent living	• Community care	• Long-term care	• Hospice care
Working	• Full-time employment	• Part-time employment	• Contract work	• Seasonal work	• Freelance work	• Volunteering	• Retirement work
Playing	• Hobbies	• Sports	• Travel	• Gardening	• Reading	• Volunteering	• Social activities

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Exploring Life Possibilities

There are many options for living, working, and playing in the community. What might have been new and exciting 30 years ago may not work for today's vision of a quality life in the community. This tool is to help individuals and families explore a variety of options for where they might live or do during the day to earn money or have fun. Some may be more traditional or historic and no longer preferred by many, some that are known and tried but no necessarily the norm, and others that are new or unfamiliar to individuals, families, and professionals.

CHARTING the LifeCourse

Integrated Long Term Support Needs

Area	Options	Options	Options	Options	Options	Options	Options
Living	• Home ownership	• Rental housing	• Assisted living	• Independent living	• Community care	• Long-term care	• Hospice care
Working	• Full-time employment	• Part-time employment	• Contract work	• Seasonal work	• Freelance work	• Volunteering	• Retirement work
Playing	• Hobbies	• Sports	• Travel	• Gardening	• Reading	• Volunteering	• Social activities

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Integrated Long Term Support Needs

Once individuals and/or families have determined the types of supports needed and/or existing, this template is a way to apply the supports to a daily/weekly schedule. The worksheet include instructions and an example on the back.

CHARTING the LifeCourse

Integrated Long Term Support Needs

Instructions: Use this tool to explore options for living, working, and playing in the community. Use this tool to explore options for living, working, and playing in the community. Use this tool to explore options for living, working, and playing in the community.

Living

Working

Playing

Supports

Notes and other important issues

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